

CATCHWORDS  
OF CHEER

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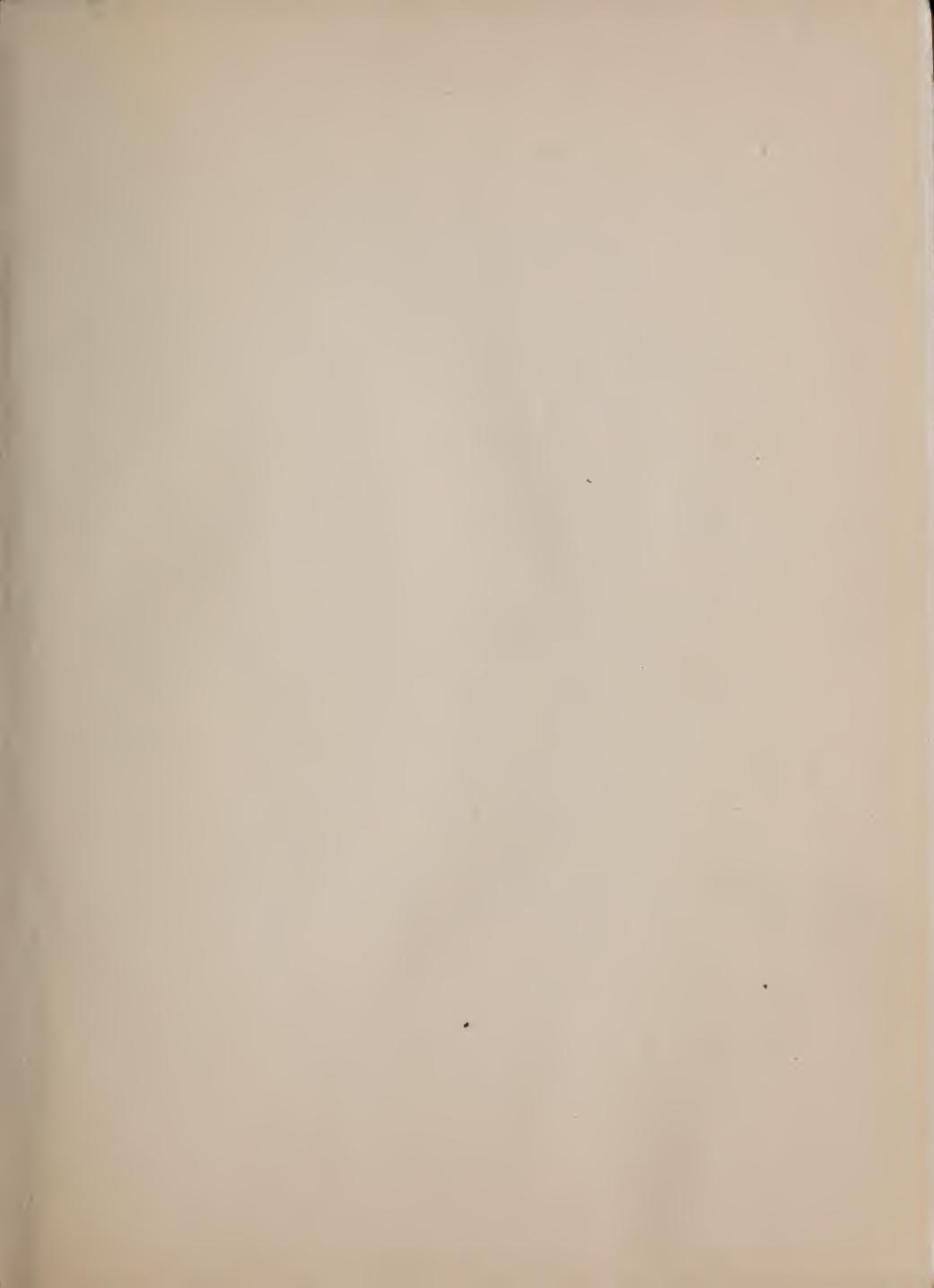
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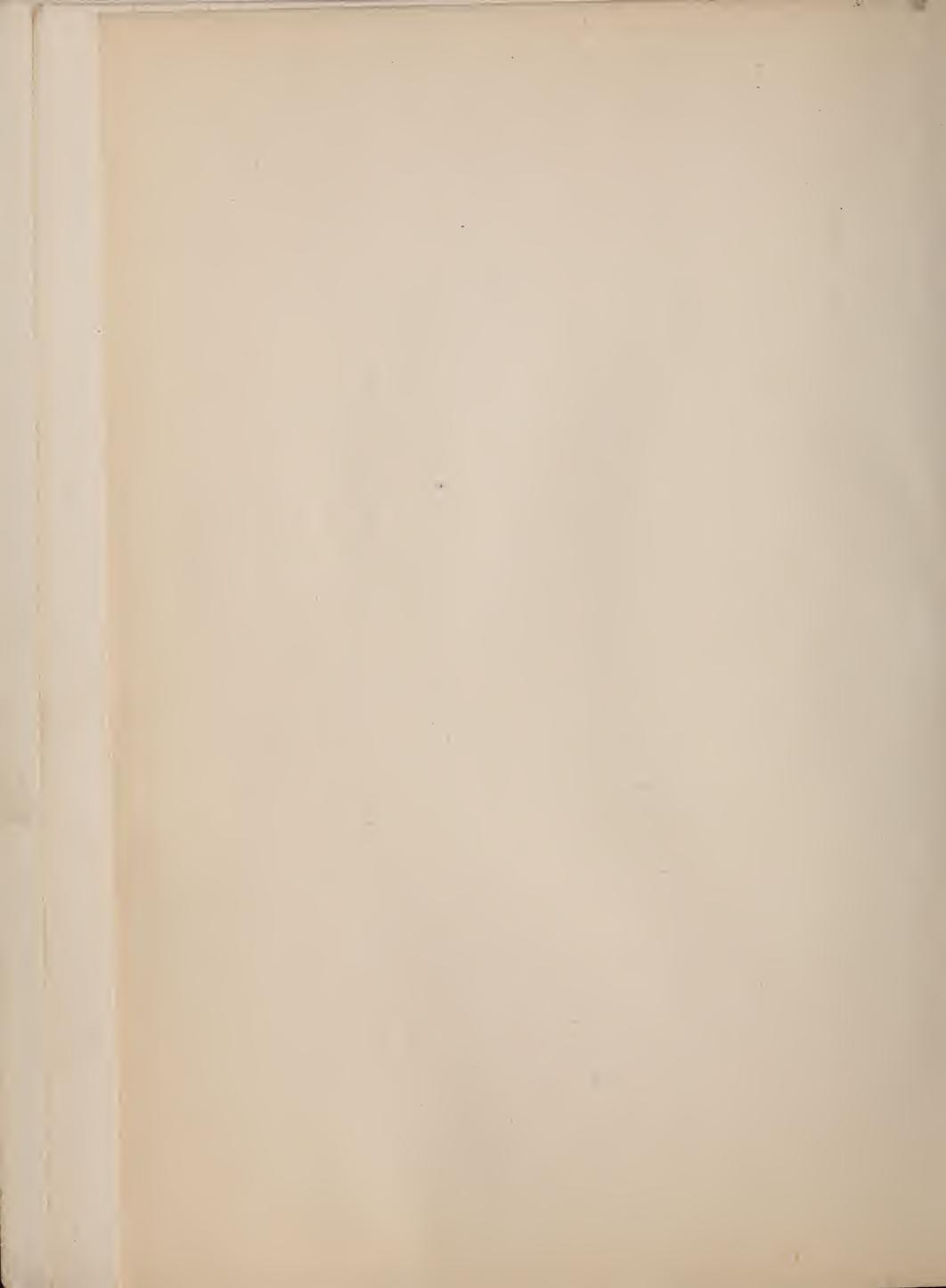
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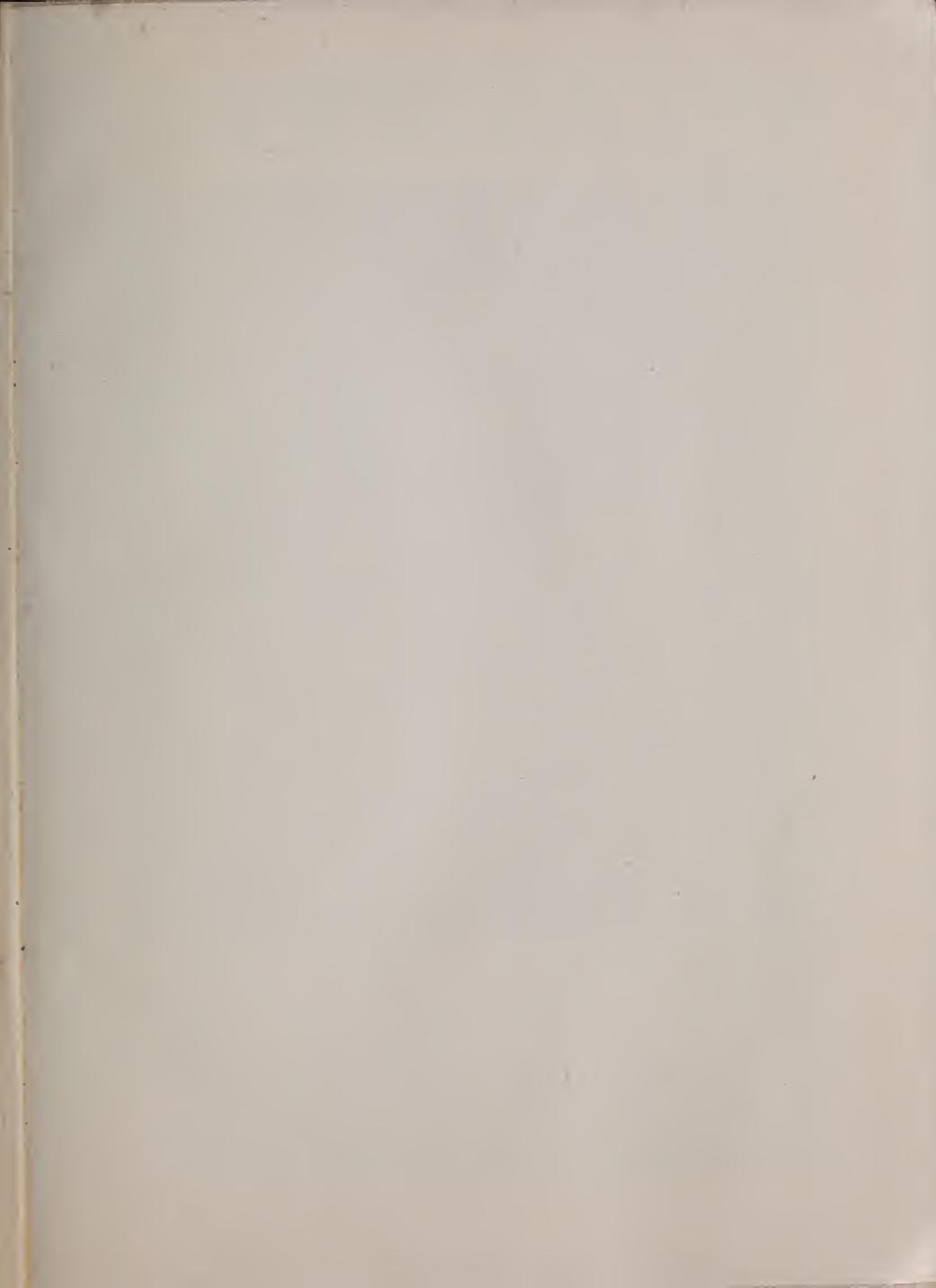














MRS. SARA A. HUBBARD.

# CATCHWORDS OF CHEER

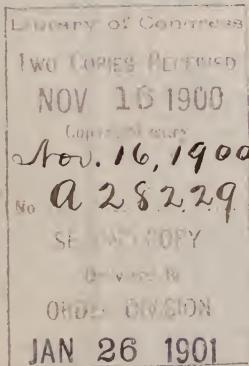
COMPILED BY  
SARA A. HUBBARD.

BE OF GOOD  
CHEER / JESUS  
POWER DWELLS  
WITH CHEERFUL  
NESS EMERSON

BJ 1533  
C5H78

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BY  
RALPH FLETCHER SEYMOUR

76568



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F instead of a gem or even a flower, we could cast the gift of a rich thought into the heart of a friend, that would be giving as the angels give."



# January

IF YOU'RE WAKING CALL ME  
EARLY, CALL ME EARLY,  
MOTHER DEAR,  
FOR I WOULD SEE THE SUN RISE  
UPON THE GLAD NEW YEAR.

*TENNYSON.*





# Catchwords

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# of Cheer

JANUARY 1.

God's in his heaven—  
All's right with the world!

*Browning.*

JANUARY 2.

Write it on your heart that every day  
is the best day of the year.

*Emerson.*



# Catchwords

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JANUARY 3.

Hope and keep busy.

*Mrs. Abigail May Alcott.*

JANUARY 4.

Be not afraid of life. Believe that life  
is worth living, and your belief will help  
create the fact.

*William James.*

# Days of Cheer

JANUARY 5.

The one eternal lesson for us all is  
how better we can love.

*Henry Drummond.*

JANUARY 6.

“Don’t worry about your work. Do what you can, let the rest go, and smile all the time.”



# Catchwords

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JANUARY 7.

A thankful spirit turns all that touches it into happiness.

*William Law.*

JANUARY 8.

Brother, thou hast possibility in thee for much: the possibility of writing on the eternal skies the record of a heroic life.

*Carlyle.*

# of Cheer

JANUARY 9.

Let us never doubt. That which  
ought to happen will happen.

*Harriet Beecher Stowe.*

JANUARY 10.

The entire object of true education  
is to make people not only do the right  
things, but enjoy the right things.

*Ruskin.*



# Catchwords

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JANUARY 11.

Our first duty is to become healthy.

*Havelock Ellis.*

JANUARY 12.

No one is living aright unless he so lives that whoever meets him goes away more confident and joyous for the contact.

*Lilian Whiting.*

# Book of Cheer

JANUARY 13.

The only way to have a friend is to  
be one.

*Emerson.*

JANUARY 14.

To maintain oneself on this earth is  
not a hardship but a pastime, if one will  
live simply and wisely.

*Thoreau.*



# Catchwords

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JANUARY 15.

“Advantages are obligations.”

JANUARY 16.

This life of mine  
Must be lived out and a grave thoroughly  
earned,  
So on I drive — enjoying all I can,  
And knowing all I can.

*Browning.*

# of Cheer

JANUARY 17.

“The best worship is stout working.”

JANUARY 18.

The wealth of a man is the number of things he loves and blesses, which he is loved and blessed by.

*Carlyle.*



# Catchwords

JANUARY 19.

Never despair! Lost hope is a fatal disease.

*Chicago Medical Times.*

JANUARY 20.

To give pleasure to a single heart by a single kind act is more than a thousand head-bowings in prayer.

*Saadi.*

# of Cheer

JANUARY 21.

Where a man can live, there he can live well.

*Marcus Aurelius.*

JANUARY 22.

If we do our duty in the present state we have no occasion to worry over the future state.

*John C. Larned.*



# Catchwords

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JANUARY 23.

“To have what we want is riches, but  
to do without is power.”

JANUARY 24.

Behold, I do not give lectures or a little  
charity;  
When I give, I give myself.

*Walt Whitman.*

# Aof CheerA

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JANUARY 25.

Happiness is a great love and much serving.

*Olive Shreiner.*

JANUARY 26.

Seen in their true relations, there is no experience of life over which we have a right to worry.

*Anna Robertson Brown.*



# Catchwords

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JANUARY 27.

Love is life. The unloving merely  
breathe.

*Christopher North.*

JANUARY 28.

Every man should keep a fair-sized  
cemetery in which to bury the faults of  
his friends.

*Henry Ward Beecher.*

# Days of Cheer

JANUARY 29.

Give pleasure. Lose no chance of giving pleasure.

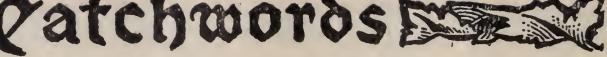
*Henry Drummond.*

JANUARY 30.

All things come to him who waits—  
and labors while he waits.

*Llebnetre.*

# Patchwords



# of Cheer

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JANUARY 31.

“That which is exceptional and distinctive in human nature is not its vice but its excellence.”

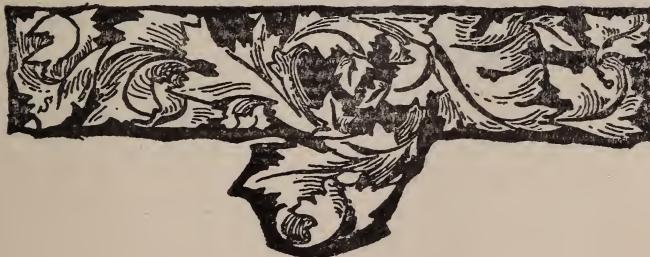




# February

THE NIGHT IS MOTHER OF THE  
DAY,  
THE WINTER OF THE SPRING,  
AND EVER UPON OLD DECAY  
THE GREENEST MOSES SPRING.

*WHITTIER.*





# Catchwords

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FEBRUARY 1.

There never was a right endeavor but it succeeded.

*Emerson.*

FEBRUARY 2.

If the Athenians desire good citizens let them put whatever is beautiful into the ears of their sons.

*Delpic Oracle.*

# of Cheer

FEBRUARY 3.

If you have knowledge let others light  
their candles by it.

*Thomas Fuller.*

FEBRUARY 4.

What do we live for if not to make  
the world less difficult for each other ?

*George Eliot.*



# Catchwords

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FEBRUARY 5.

The soul would have no rainbow  
Had the eyes no tears.

*John Vance Cheney.*

FEBRUARY 6.

If we could read the secret history of  
our enemies, we should find in each  
man's life sorrow and suffering enough  
to disarm all hostility.

*Longfellow.*

# of Cheer

FEBRUARY 7.

Life's prizes are not gifts : they must  
be won.

*Charles M. Skinner.*

FEBRUARY 8.

A man should be ashamed to take his food if he has not alchemy enough in his stomach to turn it into intense and enjoyable occupation.

*R. L. Stevenson.*



# Catchwords

FEBRUARY 9.

Not what you do, but how you do it,  
is the test of your capacity.

*Dr. J. M. Studley.*

FEBRUARY 10.

Hasten slowly, and without losing  
heart, put your work twenty times on  
the anvil.

*Boileau.*

# A Book of Cheer

## FEBRUARY 11.

This world's no blot for us,  
Nor blank ; it means intensely, and  
means good.

*Browning.*

## FEBRUARY 12.

Such help as we can give each other  
in this world is a debt we owe each  
other.

*Ruskin.*



# Catchwords

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FEBRUARY 13.

My treasures are my friends.

*Constantius.*

FEBRUARY 14.

The great thing in this world is not so much where we stand as in what direction we are going.

*O. W. Holmes.*

# *of Cheer*

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FEBRUARY 15.

I have always told you that not having enough sunshine is what ails the world.

*Lydia Maria Child.*

FEBRUARY 16.

Amidst all the mysteries by which we are surrounded, nothing is more certain than that we are in the presence of an Infinite and Eternal Energy from which all things proceed.

*Herbert Spencer.*



# Catchwords

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FEBRUARY 17.

Daily matters are the very highest.

*Auerbach.*

FEBRUARY 18.

It is not enough to be industrious ; so  
are the ants. What are you industrious  
about.

*Thoreau.*

# of Cheer

FEBRUARY 19.

Be true, if you would be believed.

*Carlyle.*

FEBRUARY 20

Tomorrow you have no business with.  
You steal if you touch tomorrow. It is  
God's. Every day has in it enough to  
keep any man occupied without con-  
cerning himself with the things beyond.

*Henry Ward Beecher.*



# Catchwords

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FEBRUARY 21.

Cultivate health instead of treating disease.

*Ruskin.*

FEBRUARY 22.

If religion has done nothing for your temper, it has done nothing for your soul.

*Clayton.*

# of Cheer

FEBRUARY 23.

“The value of a thing is the peace of mind it gives you.”

FEBRUARY 24.

When the hour of trouble comes to the mind or the body, and when the hour of death comes, that comes to high and low, then it is na what we hae dune for oursells, but what we hae dune for others, that we think on maist pleasantly.

*Sir Walter Scott.*



# Catchwords

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FEBRUARY 25.

If I have made an appointment with you, I owe you punctuality.

*Rev. Richard Cecil.*

FEBRUARY 26.

Mind is the partial side of men ; the heart is everything.

*Comte de Riverol.*

# A Book of Cheer

FEBRUARY 27.

A cheerful face is the end of culture  
and success enough.

*Emerson.*

FEBRUARY 28.

Honesty is not only “the first step  
toward greatness”; — it is greatness itself.

*C. C. Bovee.*

# Patchwords



# of Cheer

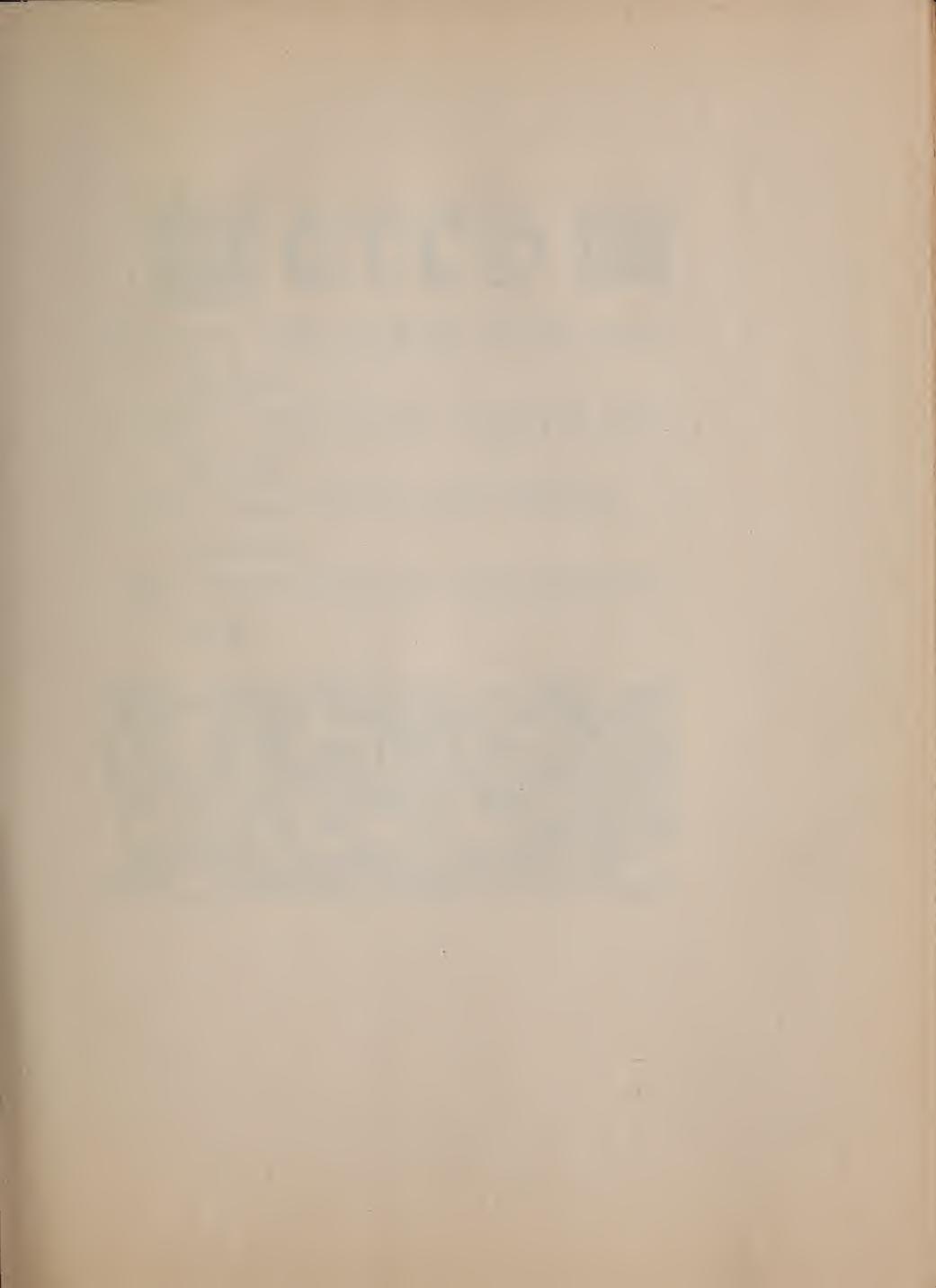
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FEBRUARY 29.

Work is given to men not only . . . because the world needs it, but because the workman needs it. . . . Work makes men.

*Henry Drummond.*





# M arch S

“I FEEL THE EARTH MOVE SUN-  
WARD ;  
I JOIN THE GREAT MARCH ON-  
WARD,  
AND TAKE WITH JOY WHILE  
LIVING,  
MY FREEHOLD OF THANKSGIV-  
ING.”





# Catchwords

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## MARCH 1.

Out of the lowest depth there is a path to the loftiest height.

*Carlyle.*

## MARCH 2.

Take what Heaven or Circumstance has sent, and bend it to the making of a man.

*James H. West.*

# of Cheer

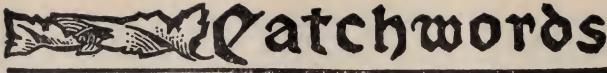
MARCH 3.

“In every soul is deposited the germ of a great future.”

MARCH 4.

In this world it is not what we take up, but what we give up, that makes us rich.

*Henry Ward Beecher.*



# Catchwords

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MARCH 5.

What we see depends mainly on what we look for.

*Sir John Lubbock.*

MARCH 6.

We all make mistakes and it takes many experiences to shape a life. Try again and let us help you.

*Louisa Alcott.*

# of Cheer

MARCH 7.

Sleep and rest abundantly. Sleep is  
Nature's benediction.

*Chicago Medical Times.*

MARCH 8.

Do you ask to be the companion of  
nobles? Make yourself noble and you  
shall be.

*Ruskin.*



# Catchwords

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MARCH 9.

“Man never saw a duty beyond his strength.”

MARCH 10.

“What helped you over the great obstacles of life?” was asked a successful man. “The other obstacles,” he replied.

# of Cheer

MARCH 11.

Take what is, trust what may be.  
That's life's true lesson.

*Browning.*

MARCH 12.

If it be my lot to crawl, I will crawl contentedly ; if to fly, I will fly with alacrity ; but, as long as I can avoid it, I will never be unhappy.

*Sidney Smith.*



# Patchwords

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MARCH 13.

The essential thing is not knowledge,  
but character.

*Joseph Le Conte.*

MARCH 14.

Thou Primal Love, who grantest wings  
And voices to the woodland birds,  
Grant me the power of saying things  
Too simple and too sweet for words.

*Coventry Patmore.*

# of Cheer

MARCH 15.

"He best worships God who best  
serves men."

MARCH 16.

I do not say that humanity is on the  
road to the heights; I believe it in spite  
of all.

*George Sand.*



# Catchwords

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MARCH 17.

Cleave to the simplest ever.

*Thoreau.*

MARCH 18.

Be noble and the nobleness that lies  
In other men, sleeping, but never dead,  
Will rise in majesty to meet thine own.

*Lowell.*

# of Cheer

MARCH 19.

All suppression of selfishness makes  
the moment great.

*Lydia Maria Child.*

MARCH 20.

He who knows what secrets and vir-  
tues are in the ground, the waters, the  
plants, the heavens, and how to come at  
these enchantments,—is the rich and  
royal man.

*Emerson.*



# Catchwords

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MARCH 21.

We suffer most from the ills that never happen.

*Gascoigne Proverb.*

MARCH 22.

The whole significance of our being is that we are made imperfect, and are called upon to be perfect.

*William M. Salter.*

# of Cheer

MARCH 23.

True Christianity is the brotherhood  
of men.

*Tolstoi.*

MARCH 24.

The effective men are still, as in the  
time of Homer, those who ever with a  
“frolic welcome” take the sunshine or  
the storm.

*David Starr Jordan.*



# Patchwords

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MARCH 25.

Self-trust is the first secret of success.

*Emerson.*

MARCH 26.

Every life should add to the sum total of the world's sweetness and light.

*T. J. Hosmer.*

# of Cheer

MARCH 27.

“Self-made or never made.”

MARCH 28.

‘I will’ is a projectile that hits the mark ; a power that moves mountains.

*Henry Wood.*



# Catchwords

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MARCH 29.

If you want immortality, make it. If you want your soul saved, make it worth saving.

*Joaquin Miller.*

MARCH 30.

Happiness consists not in having much, but in wanting no more than you have.

*Lydia Maria Child.*

# Aof CheerA

MARCH 31.

Every noble life leaves the fibre of it  
interwoven into the fabric of the world.

*Ruskin.*



# April

WHEN PROUD-PIED APRIL,  
DRESSED IN ALL HIS TRIM,  
HATH PUT A SPIRIT OF YOUTH  
IN EVERYTHING.

*SHAKESPEARE.*





# Catchwords

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APRIL 1.

The indigent world could be clothed  
out of the trimmings of the vain.

*Goldsmith.*

APRIL 2.

You cannot dream yourself into a  
character. You must hammer and forge  
yourself one.

*Froude.*

# of Cheer

APRIL 3.

I call that man idle who might be better employed.

*Socrates.*

APRIL 4.

If we were charged so much a head for sunsets, or if God sent round a drum before the hawthornes come into flower, what a work we should make about their beauty.

*R. L. Stevenson.*



# Catchwords

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APRIL 5.

To believe in men is the first step  
toward helping them.

*The Outlook.*

APRIL 6.

The sweetest music is not in oratorios,  
but in the human voice when it speaks  
from the instant life tones of tenderness,  
truth and courage.

*Hiram Carson.*

# A Book of Cheer

APRIL 7.

Friend, what you'd get, first earn.

*Browning.*

APRIL 8.

It is only those who do not know how to work that do not love it; to those who do, it is better than play—it is religion.

*Jennie June.*



# Catchwords

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APRIL 9.

“Keep the light in your face.”

APRIL 10.

Ten men have failed from defect in  
morals where one man has failed from  
defect in intellect.

*Horace Mann.*

# A Book of Cheer

APRIL 11.

“Our pursuits are our prayers.”

APRIL 12.

Be sure no man was ever discontented  
with the world who did his duty in it.

*Southey.*



# Catchwords

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APRIL 13.

Anxiety is the poison of human life.

*Rev. D. Blair.*

APRIL 14.

No person will have occasion to complain of the want of time who never loses any.

*Thomas Jefferson.*

# of Cheer

APRIL 15.

They can, because they believe they can.

*Virgil.*

APRIL 16.

“Of all diversions for an anguished and sorrow-laden soul there is none comparable to a bit of honest work.”



# Catchwords

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APRIL 17.

Never Fear and never Cry.

*Prof. Jowett.*

APRIL 18.

You can't buy a home. A man buys a house—but only a woman can make it a home. A house is a body, a home is a soul.

*The Outlook.*

# of Cheer

APRIL 19.

You keep young as long as you keep giving out.

*W. M. Hunt.*

APRIL 20.

Suffer if you must. . . . Only try, if you are to suffer, to do it splendidly. That's the only way to take up a pleasure or a pain.

*Phillips Brooks.*



# Catchwords

APRIL 21.

Why does anyone put on black for  
the guests of God?

*Ruskin.*

APRIL 22.

In each and all lie the opportunities  
of an archangel; as the majestic oak lies  
enfolded in the acorn.

*Lydia Maria Child.*

# Book of Cheer

APRIL 23.

I used to hold by the instructed brain —  
The heart leads surelier.

*Browning.*

APRIL 24.

There is no beautifier of the complex-  
ion, or form, or behavior, like the wish  
to scatter joy and not pain around us.

*Emerson.*



# Patchwords

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APRIL 25.

There is a true church wherever one hand meets another helpfully.

*Ruskin.*

APRIL 26.

Make your failure tragical by the earnestness of your endeavor, and then it will not differ from success.

*Thoreau.*

# of Cheer

APRIL 27.

Optimists are of God.

*Henry Wood.*

APRIL 28.

It's going on and up that's the fun of  
studying ; not arriving at the place.  
Arriving is the end.

*W. M. Hunt.*

# Patchwords



## of Cheer

APRIL 29.

If I cannot realize my ideal, I can at least idealize my real.

*W. C. Gannett.*

APRIL 30.

The trick is, I find, to tone your wants and tastes low enough, and make much of negations, and mere daylight and the skies.

*Walt Whitman.*



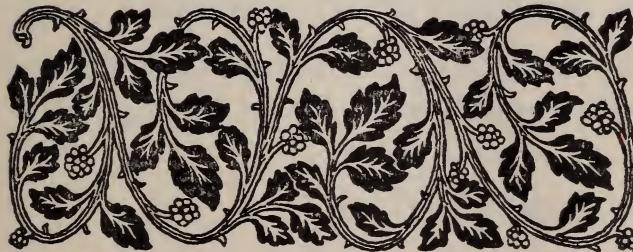


may



LET US FILL URNS WITH ROSE-  
LEAVES IN OUR MAY  
AND HIVE THEIR THRIFTY  
SWEETNESS FOR DECEMBER.

*E. BULWER LYTTON.*





# Catchwords

MAY 1.

“Our Ideals are our Possibilities.”

MAY 2.

Associate with healthy people. Health  
is contagious as well as disease.

*Chicago Medical Times.*

# of Cheer

MAY 3.

Whoever quarrels with his fate, does not understand it.

*Bettine.*

MAY 4.

The only man who never makes a mistake is the man who never does anything.

*Theodore Roosevelt.*



# Patchwords

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MAY 5.

What comes from the heart goes to  
the heart.

*Coleridge.*

MAY 6.

When any calamity is suffered, the  
first thing to be remembered is, how  
much has been escaped.

*Dr. Samuel Johnson.*

# A Book of Cheer

MAY 7.

Set your shoulder joyously to the world's wheel.

*Havelock Ellis.*

MAY 8.

The essentials of an elegant comfort are not difficult to procure. It is only vanity that is insatiable in consuming.

*Carlyle.*



# Catchwords

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MAY 9.

The very flowers that bend and meet  
In sweetening others grow more sweet.

*O. W. Holmes.*

MAY 10.

Know your own world first — not  
denying any other, but being sure that  
the place where you are now put is the  
place with which you are now concerned.

*Ruskin.*

# of Cheer

MAY 11.

Ease is the way to disease.

*Sir Andrew Clark.*

MAY 12.

You can help your fellow-men. You must help your fellow-men. But the only way you can help them is by being the noblest and the best man that it is possible for you to be.

*P. Phillips Brooks.*



# Catchwords

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MAY 13

Do not bark against the bad, but chant  
the beauty of the good.

*Emerson.*

MAY 14.

“Don’t waste life in doubts and fears ;  
spend yourself on the work before you.  
. . . The right performance of this  
hour’s duties will be the best preparation  
for the hours and ages that follow.”

# of Cheer

MAY 15.

We cannot all live in palaces; but  
we can all live in the kingdom of God.

*Lilian Whiting.*

MAY 16.

We are ruined, not by what we really  
want, but by what we think we do.

*C. C. Colton.*



# Catchwords

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MAY 17.

To think success brings success.

*Prentice Mulford.*

MAY 18.

Desire joy and thank God for it.  
Renounce it, if need be, for others' sake.  
That's joy beyond joy.

*Browning.*

# of Cheer

MAY 19.

The man of pleasure does not know  
what pleasure means.

*Minot F. Savage.*

MAY 20.

The happiest heart that ever beat,  
Was in some quiet breast  
That found the common daylight sweet,  
And left to heaven the rest.

*John Vance Cheney.*



# Catchwords

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MAY 21.

A loving heart is the beginning of all knowledge.

*Carlyle.*

MAY 22.

Our sensitiveness makes half our poverty ; our fears,—anxieties for ills that never happen,—the greater part of the other half.

*C. C. Bovee.*

# A Book of Cheer

MAY 23.

To love and win is the best thing ; to  
love and lose the next best.

*Thackeray.*

MAY 24.

The habit of looking on the best side  
of every event is worth more than a  
thousand pounds a year.

*Dr. Samuel Johnson.*



# Catchwords

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MAY 25.

Some defeats are only instalments of victory.

*Jacob A. Riis.*

MAY 26.

The sovereign source of melancholy is repletion. Need and struggle are what excite and inspire us.

*William James.*

# of Cheers

MAY 27.

Religion is not a creed but a life.

*Minot F. Savage.*

MAY 28.

To know what you prefer, instead of saying ‘Amen’ to what the world tells you you ought to prefer, is to have kept your soul alive.

*R. L. Stevenson.*



# Catchwords

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MAY 29.

I repeat, money is not wealth.

*Lydia Maria Child.*

MAY 30.

“Make one person happy each day  
and in forty years you have made 14,600  
human beings happy for a little time at  
least.”

# of Cheer

MAY 31.

The difference between one boy and another lies not so much in talent as in energy.

*Dr. Thomas Arnold.*



# June

AND WHAT IS SO RARE AS A DAY  
IN JUNE?  
THEN, IF EVER, COME PERFECT  
DAYS.





## Catchwords

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JUNE 1.

No gain  
That I experience must remain  
Unshored.

*Browning.*

JUNE 2.

I lean my hand against the day  
To feel its bland caressing;  
I will not let it pass away  
Before it leaves its blessing.

*Whittier.*

# of Cheer

JUNE 3.

The reward is in keeping the commandments, not for keeping them.

*Lydia Maria Child.*

JUNE 4.

“Fear not tomorrows,  
Child of the King.  
Leave them to Jesus,  
Doe the next thynge.”



# Catchwords

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JUNE 5.

A single grateful thought toward heaven is the most perfect prayer.

*Lessing.*

JUNE 6.

They who bring sunshine to the hearts of others cannot keep it from themselves.

*J. M. Barrie.*

# of Cheer

JUNE 7.

Not failure, but low aim is crime.

*Lowell.*

JUNE 8.

The secret of eternal life and happiness is to be ever pushing forward toward the new, or “forgetting the things which are behind, and pressing forward to those which are before.”

*Prentice Mulford.*



# Catchwords

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JUNE 9.

Drudgery is the gray Angel of Success.

*W. C. Gannett.*

JUNE 10.

Laughing cheerfulness throws the light of day on all around.

*Rickter.*

# of Cheer

JUNE 11.

You can never lead unless you lift.

*Edward Everett Hale.*

JUNE 12.

If I cannot do great things, I can do  
small things in a great way.

*James Freeman Clarke.*



# Catchwords

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JUNE 13.

Goodness that does not grow is not goodness at all.

*W. W. Fenn.*

JUNE 14.

He is rich or poor according to what he is, not according to what he has.

*Henry Ward Beecher.*

# of Cheer

JUNE 15.

They who love are but one step from  
heaven.

*Lowell.*

JUNE 16.

“We read too many books, see too  
many people, talk too much.



# Catchwords

JUNE 17.

Life is not a holiday but an education.

*Henry Drummond.*

JUNE 18.

He who has the truth in his heart  
need never fear the want of persuasion  
on his tongue.

*Ruskin.*

# of Cheer

JUNE 19.

Character is higher than intellect.

*Emerson.*

JUNE 20.

God . . . meant  
I should ever be, as I am, content,  
And glad in His sight, therefore glad  
I will be.

*Browning.*



# Catchwords

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JUNE 21.

It is the spoken love that feeds.

*W. C. Gannett.*

JUNE 22.

To owe an obligation to a worthy friend is a happiness.

*R. De Charron.*

# Days of Cheer

JUNE 23.

“Wealth should give choice of work,  
not exemption.”

JUNE 24.

Do not forget that even as ‘to work  
is to worship’, so to be cheery is to  
worship also; and to be happy is the  
first step to being pious.

*R. L. Stevenson.*



# Patchwords

JUNE 25.

"Let us try to find out what it is 'to give ourselves'."

JUNE 26.

A woman who creates and sustains a home, and under whose hands children grow up to be strong and pure men and women, is a creator second only to God.

*Helen Hunt.*

# A Book of Cheers

JUNE 27.

This is the beginning of all gospels,  
that the kingdom of heaven is just where  
we are.

*The Churchman.*

JUNE 28.

No man was ever known to get a  
cent's worth without paying in some  
form or other the cent.



# Catchwords

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JUNE 29.

“Praise is the best diet for us after all.”

JUNE 30.

He who can appreciate merit has the germ of it in his own soul.

*Goethe.*



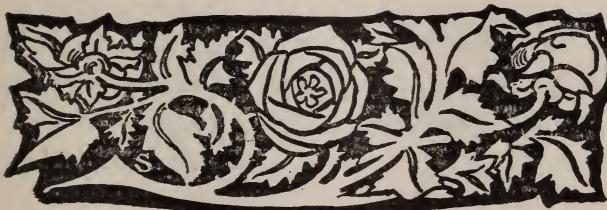


# July



A HAPPY SOUL, THAT ALL THE  
WAY  
TO HEAVEN HATH A SUMMER'S  
DAY.

*RICHARD CRASHAW.*





# Catchwords

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JULY 1.

Men are what their mothers made them.

*Emerson.*

JULY 2.

We mount to heaven mostly on the ruins of our cherished schemes, finding our failures were our successes.

*A. Bronson Alcott.*

# of Cheer

JULY 3.

There is no real life but cheerful life.

*Addison.*

JULY 4.

My country is the world ; my coun-  
trymen are all mankind.

*William Lloyd Garrison.*



# Catchwords

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JULY 5.

Love is the most effectual prayer.

*Dugnet.*

JULY 6.

To make some nook of God's creation a little fruitfuller . . . to make some human heart a little wiser, manfuller, happier . . . It is work for a God.

*Carlyle.*

# A of Cheer s

JULY 7.

Anxiety is a form of cowardice embittering our lot.

*William Ellery Channing.*

JULY 8.

The most obvious lesson of the gospel is, that there is no happiness in having and getting, only in giving.

*Henry Drummond.*



# Catchwords

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JULY 9.

I love a hand that meets mine own  
With grasp of some sensation.

*Mrs. F. S. Osgood.*

JULY 10.

Some of your griefs you have cured.  
And the sharpest you still have sur-  
vived,  
But what torments of pain you endured  
From evils that never arrived.

*From the French.*

# Book of Cheer

JULY 11.

Who conquereth all within, may dare  
the world outside.

*W. W. Story.*

JULY 12.

I do not know of any way so sure of  
making others happy as of being so my-  
self, to begin with.

*Arthur Helps.*



# Catchwords

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JULY 13.

A word warm from the heart enriches me.

*Emerson.*

JULY 14.

“Were life earnest, and true to the instincts, it would be music and song.”

# Days of Cheer

JULY 15.

Wisely and slowly : they stumble that  
run fast.

*Shakespeare.*

JULY 16.

No one is useless in this world who  
lightens the burden of it for any one  
else.

*Dickens.*



# Catchwords

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JULY 17.

“Our daily life should be sanctified by doing common things in a religious way.”

JULY 18.

His face was a thanksgiving for his past life, and a love-letter to all mankind.

*Richter.*

# of Cheer

JULY 19.

“Simplicity and sunshine will heal most ills.”

JULY 20.

Any brave man may make out a life which shall be happy for himself, and by so doing, beneficent to those about him.

*R. L. Stevenson.*



# Catchwords

JULY 21.

No life is successful until it is radiant.

*Lilian Whiting.*

JULY 22.

“If you want much of a small income, always ask yourself these two questions. . . . Do I really want it? Can I do without it? These two questions honestly answered will double your income.”

# Days of Cheer

JULY 23.

Enjoy the littles of every day.

*The Family Friend.*

JULY 24.

I am much disposed the longer I live,  
to set less value upon mere cleverness,  
and to think that the power of endurance  
with persistence, is the most valuable of  
all.

*Huxley.*



# Catchwords

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JULY 25.

Everything is interesting if you only make a study of it.

*W. M. Hunt.*

JULY 26.

On the whole, we make too much of faults; . . . Faults? The greatest of faults, I should say, is to have none.

*Carlyle.*

# A Book of Cheer

JULY 27.

The aim if reached or not makes  
great the life.

*Browning.*

JULY 28.

To make yourself humble with the unfortunate, to weep with the poor, to venerate what is good . . . to live on very little, to give away nearly all . . . that is the religion I shall proclaim in some little corner of my own.

*George Sand.*



# Catchwords

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JULY 29.

It is not enough to love others ; we must let them know that we love them.

*J. R. Miller.*

JULY 30.

Expect men and women to be generous and noble and they will be generous and noble.

*James Freeman Clarke.*

# of Cheer

JULY 31.

The thought 'I am poor and thou art rich' ought never to enter to interrupt the flowing of human souls toward each other.

*Lydia Maria Child.*



# August

“TO HIM IN VAIN THE ENVIOUS  
SEASONS ROLL,  
WHO BEARS ETERNAL SUMMER  
IN HIS SOUL.”





# Catchwords

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AUGUST 1.

Living is growing . . . growing is  
out-growing.

*Bishop J. L. Spalding.*

AUGUST 2.

There is not any benefit so glorious  
in itself but it may be exceedingly sweet-  
ened and improved by the manner of  
giving it.

*Seneca.*

# of Cheer

AUGUST 3.

Falsehood is the essence of all sin.

*Carlyle.*

AUGUST 4.

“Every tomorrow has two handles.  
We can take hold of it by the handle of  
anxiety or the handle of faith.”



# Catchwords

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AUGUST 5.

All great actions have been simple.

*Abraham Lincoln.*

AUGUST 6.

Give us to awake with smiles, give us  
to labor smiling. . . . As the sun light-  
ens the world, so let our loving kind-  
ness make bright this house of our habi-  
tation.

*R. L. Stevenson.*

# of Cheer

AUGUST 7.

There is no age to the spirit that lives  
in high sentiments.

*William M. Salter.*

AUGUST 8.

The man who would be truly happy  
should not study to enlarge his estate,  
but to contract his desires.

*Plato.*



# Catchwords

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AUGUST 9.

He is the best physician who is the most ingenious inspirer of hope.

*Coleridge.*

AUGUST 10.

If it is a small sacrifice to discontinue the use of wine, do it for the sake of others ; if it is a great sacrifice, do it for your own.

*Samuel J. May.*

# of Cheer

AUGUST 11.

To believe in the heroic makes heroes.

*Disraeli.*

AUGUST 12.

Straight from the Mighty Bow this  
truth is driven ;  
They fail, and they alone, who have  
not striven.

*Clarence Urmy.*



# Catchwords

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AUGUST 13.

He who is firm in will molds the world to himself.

*Goethe.*

AUGUST 14.

Life without labor is guilt ; labor without art is brutality.

*Ruskin.*

# of Cheer

AUGUST 15.

The aids to noble life are all within.

*Matthew Arnold.*

AUGUST 16.

The highest compact we can make  
with our fellows is: . . . Let there be  
truth between us two forevermore.

*Emerson.*



# Catchwords

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AUGUST 17.

For a man to have an ideal in this world, for a man to know what an ideal is, this also is to have lived.

*Gerald Stanley Lee.*

AUGUST 18.

The real importances of our existence are the nothingnesses of every day.

*Beatrice Harriden.*

# Days of Cheer

AUGUST 19.

Praise loudly : blame softly.

*Catherine II.*

AUGUST 20.

This is the best day the world has ever seen. To-morrow will be better.

*R. A. Campbell.*



# Catchwords

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AUGUST 21.

The ornament of a house is the friends  
that frequent it.

*Emerson.*

AUGUST 22.

We say we exchange words when we  
meet. What we exchange is souls.

*Minot J. Savage.*

# of Cheer

AUGUST 23.

The virtue lies in the struggle, not  
in the prize.

*Lord Houghton.*

AUGUST 24.

Anyone can carry his burden, how-  
ever heavy, till nightfall. Anyone can  
do his work, however hard, for one day.  
Anyone can live sweetly, lovingly, pure-  
ly, till the sun goes down. And this is  
all that life really means.

*British Weekly.*



# Catchwords

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AUGUST 25.

A man is never so noble as when he  
is reverent.

*Carlyle.*

AUGUST 26.

Childhood itself is scarcely more love-  
ly than a cheerful, kind, sunshiny old  
age.

*Lydia Maria Child.*

# of Cheers

AUGUST 27.

All who joy would win  
Must share it,— Happiness was born a  
twin.

*Lord Byron.*

AUGUST 28.

To do anything in this world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in and scramble through as best we can.

*Sydney Smith.*



# Catchwords

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AUGUST 29.

He that can have patience can have what he will.

*Lowell.*

AUGUST 30.

If I were you, I would not worry. Just make up your mind to do better when you get another chance, and be content with that.

*Beatrice Harriden.*

# of Cheer

AUGUST 31.

Mind your own business with your absolute heart and soul ; but see that it is a good business first.

*Ruskin.*



# S e p t e m b e r

IN MONTHS OF SUN SO LIVE  
THAT MONTHS OF RAIN SHALL  
STILL BE HAPPY.

*FROM THE "MAHABARATA".*





# Patchwords

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SEPTEMBER 1.

Wealth is not his that has it, but his  
that enjoys it.

*Franklin.*

SEPTEMBER 2.

Do the duty which lies nearest thee.  
. . . Thy second Duty will already have  
become clearer.

*Carlyle.*

# Book of Cheer

SEPTEMBER 3.

Those who can command themselves  
command others.

*Hazlitt.*

SEPTEMBER 4.

If there is any person to whom you  
feel a dislike, that is the person of whom  
you ought never to speak.

*Rev. Richard Cecil.*



# Catchwords

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SEPTEMBER 5.

It is not work that kills men ; it is  
worry.

*Henry Ward Beecher.*

SEPTEMBER 6.

He is alone a man who can resist the  
genius of the age, the tone of fashion,  
with rigorous simplicity and modest  
courage.

*J. C. Lavater.*

# of Cheer

SEPTEMBER 7.

True love never nags ; it trusts.

*Anna Robertson Brown.*

SEPTEMBER 8.

It should be the highest end of education to give a man that culture which shall make him to enjoy the beauty of the world.

*Ruskin.*



# Catchwords

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SEPTEMBER 9.

We are all richer than we think we are.

*Montaigne.*

SEPTEMBER 10.

What a wedge, what a beetle, what a catapult is an earnest man. What can resist him?

*Thoreau.*

# of Cheer

SEPTEMBER 11.

A laugh is worth a hundred groans  
in any market.

*Charles Lamb.*

SEPTEMBER 12.

Fight when you are down ; die hard,  
— determine at least so to do,— and you  
won't die at all.

*James H. West.*



# Catchwords

SEPTEMBER 13.

“More depends on the will power  
than on the brain power.”

SEPTEMBER 14.

The man who has lived longest is not  
the man who has counted the most years,  
but he who has enjoyed life most.

*Rousseau.*

# of Cheer

SEPTEMBER 15.

The chief mission of all words . . .  
that they should be of comfort.

*Ruskin.*

SEPTEMBER 16.

Two-thirds of all that makes it ‘beautiful to be alive’ consists in cup-offerings  
of water.

*W. C. Gannett.*



# Patchwords

SEPTEMBER 17.

To rejoice in the prosperity of another is to partake of it.

*William Austin.*

SEPTEMBER 18.

I never knew an early-rising, hard-working, prudent man, careful of his means, and strictly honest, who complained of bad luck.

*Addison.*

# of Cheer

SEPTEMBER 19.

“The path of progress for each individual soul lies along the pathway of hope.”

SEPTEMBER 20.

The lover of nature has retained the spirit of infancy into the era of manhood. . . . In the presence of nature a wild delight runs through the man, in spite of real sorrow.

*Emerson.*



# Catchwords

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SEPTEMBER 21.

They are the true disciples of Christ,  
not who know most, but who love most.

*Spanheim.*

SEPTEMBER 22.

The world delights in sunny people.  
. . . The old are hungering for love  
more than for bread. The air of joy is  
very cheap ; and if you can help the poor  
on with a garment of praise, it will be  
better for them than blankets.

*Henry Drummond.*

# Book of Cheer

SEPTEMBER 23.

The great soul of the world is just.

*Carlyle.*

SEPTEMBER 24.

The theory of work is to be lavish of personal experience, to put a great deal of oneself into the thing which we undertake, whatever we do.

*Rev. D. W. J. Tucker.*



# Catchwords

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SEPTEMBER 25.

He is happiest be he king or peasant,  
who finds peace in his own home.

*Goethe.*

SEPTEMBER 26.

There is distinction between good  
and bad work, not between brain-work  
and hand-work.

*Hiram Gold, the Shoemaker.*

# of Cheer

SEPTEMBER 27.

To a consecrated man or woman  
money is no object.

*Thomas K. Beecher.*

SEPTEMBER 28.

A happy man or woman is a better  
thing to find than a five pound note . . .  
they practically demonstrate the Theo-  
rem of the Livableness of Life.

*R. L. Stevenson.*

# Patchwords of Cheer

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SEPTEMBER 29.

Manners rest on the two fundamentals  
of human intercourse — Truth and Sym-  
pathy.

*Edward Carpenter.*

SEPTEMBER 30.

Lift up thy brow and with a great  
heart heave away this storm.

*Shakespeare.*





# October

A HAZE ON THE FAR HORIZON,  
AN INFINITE, TENDER SKY,  
AND RIPE, RICH TINTS IN THE  
CORNFIELD,  
AND WILD GEESE SAILING  
HIGH,  
AND ALL OVER UPLAND AND  
LOWLAND  
THE CHARM OF THE GOLDEN-  
ROD,—  
SOME OF US CALL IT AUTUMN ;  
BUT OTHERS CALL IT GOD.

*WM. HERBERT CARRUTH.*



# Catchwords

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OCTOBER 1.

A man's fortunes are the fruit of his character.

*Emerson.*

OCTOBER 2.

Whatever the weather be, love, admire, delight in it, and vow that you would not change it for the atmosphere of a dream.

*Christopher North.*

# Aof Chee



OCTOBER 3.

A handful of good life is worth a bushel of learning.

*George Herbert.*

OCTOBER 4.

It is aspiration that counts, not realization ; pursuit, not achievement ; quest, not conquest.

*Beatrice Harriden.*



# Catchwords

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OCTOBER 5.

It is an everlasting duty . . . the duty of being brave.

*Carlyle.*

OCTOBER 6.

Believe in the better side of men. . . . It is optimism that really saves people.

*Ian Maclaren.*

# of Cheer

OCTOBER 7.

To understand everything, is to forgive everything.

*Gautama.*

OCTOBER 8.

"I shall pass through this world but once. Any good thing therefore that I can do, or any kindness that I can show to any human being, let me do it now . . . for I shall not pass this way again."



# Catchwords

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OCTOBER 9.

To enter Heaven a man must take it with him.

*Henry Drummond.*

OCTOBER 10.

More and more I feel that every sort of salvation we do attain to in this life must be worked out by ourselves.

*Lydia Maria Child.*

# of Cheer

OCTOBER 11.

Be so kind as to be just.

*Thoreau.*

OCTOBER 12.

Content I live; this is my stay—  
I seek no more than may suffice.

Look, what I lack my mind supplies.

*William Byrd.*



# Patchwords

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OCTOBER 13.

“When the outlook is not good, try the uplook.”

OCTOBER 14.

The only preparation for the life after death, is to live nobly the life before death.

*Lilian Whiting.*

# of Cheer

OCTOBER 15.

Heaven in sunshine will requite the kind.

*Lord Byron.*

OCTOBER 16.

Finish every day and be done with it. . . . You have done what you could ; some blunders and absurdities crept in ; forget them as soon as you can. Tomorrow is a new day ; you shall begin it well and serenely and with too high a spirit to be encumbered with your old nonsense.

*Emerson.*



# Catchwords

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OCTOBER 17.

The kingdom of heaven is not a place but a state of mind.

*John Burroughs.*

OCTOBER 18.

We have . . . only to trust, and do our best, and wear as smiling a face as may be for ourselves and others.

*R. L. Stevenson.*

# of Cheer

OCTOBER 19.

Turn the sunny side of things to  
human eyes.

*Mary Howitt.*

OCTOBER 20.

There is as much danger of our being  
selfish in our sorrows and losses, as in  
our pleasures and gains.

*Minot F. Savage.*



# Catchwords

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OCTOBER 21.

You are right there ; "the gay frippery" drags us down.

*Auerbach.*

OCTOBER 22.

Politeness is like an air cushion ;  
there's nothing in it, but it eases the  
joints wonderfully.

*W. C. Gannett.*

# of Cheer

OCTOBER 23.

Our life is what our thoughts make it.

*Marcus Aurelius.*

OCTOBER 24

Let a man contend to the uttermost  
For his life's set prize, be it what it will.

*Browning.*



# Catchwords

OCTOBER 25.

The heart has eyes the brain knows  
nothing of.

*Dr. Parkhurst.*

OCTOBER 26.

An aspiration is a joy forever, a pos-  
session as solid as a landed estate.

*R. L. Stevenson.*

# Days of Cheer

OCTOBER 27.

Antagonism invites antagonism.

*Horace Fletcher.*

OCTOBER 28.

Oh, there is no man, no woman, so small that they cannot make their life great by high endeavor.

*Carlyle.*



# Catchwords

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OCTOBER 29.

It is the people who know how to rest, who do continuous good work.

*Beatrice Harriden.*

OCTOBER 30.

Wise men regret as little as they can. . . . The only real blasphemy . . . may be that pessimistic temper of the soul which lets it give way to such things as regrets, remorse, and grief.

*William James.*

# of Cheer

OCTOBER 31.

If I can stop one heart from breaking,  
I shall not live in vain ;  
If I can ease one life the aching,  
Or cool one pain,  
Or help one fainting robin  
Into his nest again,  
I shall not live in vain.

*Emily Dickinson.*



# November

“WHO SAID NOVEMBER'S FACE  
WAS GRIM?

WHO SAID HER VOICE WAS  
HARSH AND SAD?

\*     \*     \*     \*     \*

BLACK NOVEMBER SOWS THE  
SEEDS OF MAY.”





# Catchwords

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NOVEMBER 1.

People who lead busy lives never find time to have hysterics.

*Dr. J. M. Studley.*

NOVEMBER 2.

If a man were to place himself in an attitude to bear manfully the greatest evil that could be inflicted on him, he would suddenly find that there was no evil to bear.

*Thoreau.*

# of Cheer

NOVEMBER 3.

There is always work,  
And tools to work withal, for those  
who will.

*Lowell.*

NOVEMBER 4.

Resolve.  
To keep my health !  
To do my work !  
To live !  
To see to it I grow and gain and give !

*Charlotte Perkins Stetson.*



# Catchwords

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NOVEMBER 5.

“Happiness like virtue is acquired by practice.”

NOVEMBER 6.

Our greatest glory consists not in never falling, but in rising every time we fall.

*Goldsmith.*

# A of Cheer

NOVEMBER 7.

Heaven is Well-Doing.

NOVEMBER 8.

If you would have a faithful servant,  
and one that you like, serve yourself.

*Franklin.*



# Catchwords

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NOVEMBER 9.

We learn to know nothing but the thing we love.

*Goethe.*

NOVEMBER 10.

Hold up your head ! You were not made for failure, you were made for victory : go forward with a joyful confidence in that result sooner or later, and the sooner or later depends mainly on yourself.

*Anne Gilchrist.*

# of Cheer

NOVEMBER 11.

Character is very much a matter of health.

*C. C. Bovee.*

NOVEMBER 12.

O Lord, that lends me life, lend me a heart replete with thankfulness.

*Shakespeare.*



# Catchwords

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NOVEMBER 13.

Economy is of itself a great revenue.

*Cicero.*

NOVEMBER 14.

We are not to carry others' burdens  
that they can carry as well as ourselves.

*Dr. G. Mears.*

# of Cheer

NOVEMBER 15.

I wish, I can, I will—these are the three trumpet notes to victory.

*The Outlook.*

NOVEMBER 16.

The only way to speak the truth is to speak lovingly. Only the lover's words are heard.

*Thoreau.*



# Catchwords

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NOVEMBER 17.

The sweetest pleasure is in imparting  
it.

*Emerson.*

NOVEMBER 18.

Out of suffering have emerged the  
strongest souls ; the most massive char-  
acters are seamed with scars.

*Rev. E. H. Chapin.*

# A of Cheer

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NOVEMBER 19.

We fall to rise ; are baffled to fight  
better.

*Browning.*

NOVEMBER 20.

No run on my bank can drain it, for  
my wealth is not possession but enjoy-  
ment.

*Thoreau.*



# Catchwords

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NOVEMBER 21.

To think a thing to be noble and  
endurable is to make it so.

*Marcus Aurelius.*

NOVEMBER 22.

Two things will never happen to  
me,—the thing that is too much for  
me and the thing that is not best for  
me.

*Anna Robertson Brown.*

# of Cheer

NOVEMBER 23.

“Enthusiasm is the life of the soul.”

NOVEMBER 24.

Have the courage to appear poor,  
and you disarm poverty of its sharpest  
sting.

*Mrs. Jameson.*



# Catchwords

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NOVEMBER 25.

Every man rejoices twice when he  
has a partner for his joy.

*Jeremy Taylor.*

NOVEMBER 26.

With malice toward none, with char-  
ity for all, with firmness in the right as  
God gives us to see the right, let us strive  
on.

*Abraham Lincoln.*

# of Cheer

NOVEMBER 27.

Either I will find a way or make one.

*Wordsworth.*

NOVEMBER 28.

Not how much talent have I, but how much will to use the talent that I have, is the main question.

*W. C. Gannett.*



# Patchwords

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NOVEMBER 29.

The best hearts, Trim, are ever the bravest.

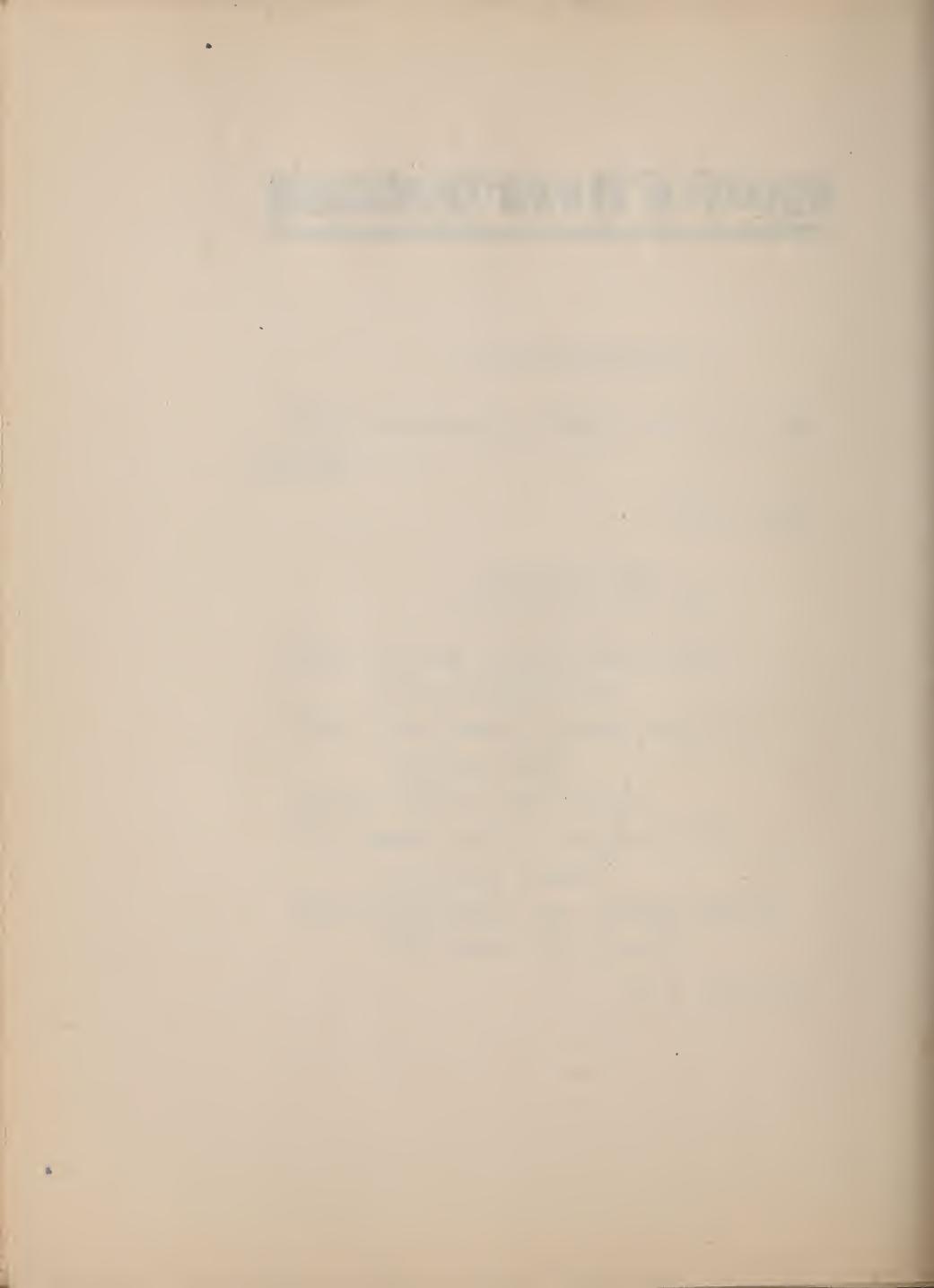
*Dean Swift.*

NOVEMBER 30.

Ask of God to give thee skill  
In comfort's art,  
That thou mayst consecrated be  
And set apart  
Unto a life of sympathy ;  
For heavy is the weight of ill  
In every heart ;  
And comforters are needed much  
Of Christ-like touch.

*A. E. Hamilton.*

of cheer



# December

THE TRUMPET OF PROPHECY!  
O WIND,  
IF WINTER COMES, CAN SPRING  
BE FAR BEHIND ?

*SHELLEY.*





# Catchwords

DECEMBER 1.

Do your own work in your own way.

*W. M. Hunt.*

DECEMBER 2.

To be everywhere and everything in sympathy, and yet content to remain where and what you are—is not this to know both wisdom and virtue and to dwell with happiness.

*R. L. Stevenson.*

# of Cheer

DECEMBER 3.

When I was sick I did not discourse to my visitors about my diseases, or the torment I was troubled with.

*Epictetus.*

DECEMBER 4.

If a man expects and believes great things of himself, it makes no odds where you put him.

*Thoreau.*



# Catchwords

DECEMBER 5.

“The virtue of originality is not newness — it is only genuineness.”

DECEMBER 6.

In course of time men and women will be ashamed to be ill. Especially will men and women . . . deem it a disgrace to have their children or grandchildren diseased or deformed.

*James H. West.*

# of Cheer

DECEMBER 7.

People do not lack strength; they lack will.

*Victor Hugo.*

DECEMBER 8.

I should say sincerity, a deep, great, genuine sincerity, is the first characteristic of all men in any way heroic.

*Carlyle.*



# Catchwords

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DECEMBER 9.

The fine art of living is to draw from each person his best.

*Lilian Whiting.*

DECEMBER 10.

Things go ; but first they come. Fasten the mind on that. . . . We cannot lose, but that already we have had. . . . Therefore turn the mind from our losing to our having had.

*James Vilas Blake.*

# of Cheer

DECEMBER 11.

Your work is one sort of prayer. It's good for nothing if it isn't.

*W. M. Hunt.*

DECEMBER 12.

A man who dares waste an hour of time has not learned the value of life.

*Charles Darwin.*



# Catchwords

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DECEMBER 13.

"Even if I faint by the wayside . . .  
it is something to be on the road that  
leads to the High Ideals."

DECEMBER 14.

That which the best human nature is  
capable of is within the reach of human  
nature at large.

*Herbert Spencer.*

# of Cheer

DECEMBER 15.

It is a joy to think the best we can  
Of humankind.

*Wordsworth.*

DECEMBER 16.

All who have meant good work with  
their whole hearts, have done good  
work, although they may die before  
they have time to sign it.

*R. L. Stevenson.*



# Catchwords

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DECEMBER 17.

“Wearing marks of age and sorrow  
As the midnight wears its stars.”

DECEMBER 18.

We shall all be equal at the last,  
Be classed according to life's natural  
ranks,  
Fathers, sons, brothers, friends, not rich,  
nor wise, nor gifted.

*Browning.*

# of Cheer

DECEMBER 19.

“Filling more and more with crystal  
light  
As pensive evening deepens into night.”

DECEMBER 20.

He only is advancing in life, whose  
heart is getting softer, whose blood  
warmer, whose brain quicker, whose  
spirit is entering the living Peace.

*Ruskin.*



# Catchwords

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DECEMBER 21.

“Opportunity? A good, strong man will make his own opportunity.”

DECEMBER 22.

That is what I shall think of: that God will give each of us another chance, and that each one of us will take it and do better—I and you and every one.

*Beatrice Harriden.*

# of Cheer

DECEMBER 23.

For the will and not the gift makes  
the giver.

*Lessing*

DECEMBER 24.

He gives nothing but worthless gold  
Who gives from a sense of duty.

*Lowell.*



# Catchwords

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DECEMBER 25.

“Not to be ministered unto, but to minister, is the secret of Christmas Day; the secret of all joy, growth and power.”

DECEMBER 26.

Live in a thankful spirit, and you will have more and more to be thankful for.

*Brooke Herford.*

# of Cheer

DECEMBER 27.

"The more trouble, the more lion:  
that's my principle."

DECEMBER 28.

Time brings only one regret, that we had not more joy in the things that were, more belief, more patience, more love, more knowledge of the way things work out; more willingness to help toward the final result.

*Jennie June.*



# Catchwords

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DECEMBER 29.

Death comes not to the living soul  
Nor age to the loving heart.

*Phoebe Cary.*

DECEMBER 30.

Birth and death are the vesper and  
the matin bells, that summon mankind  
to sleep, and to rise refreshed for new  
advancement.

*Carlyle.*

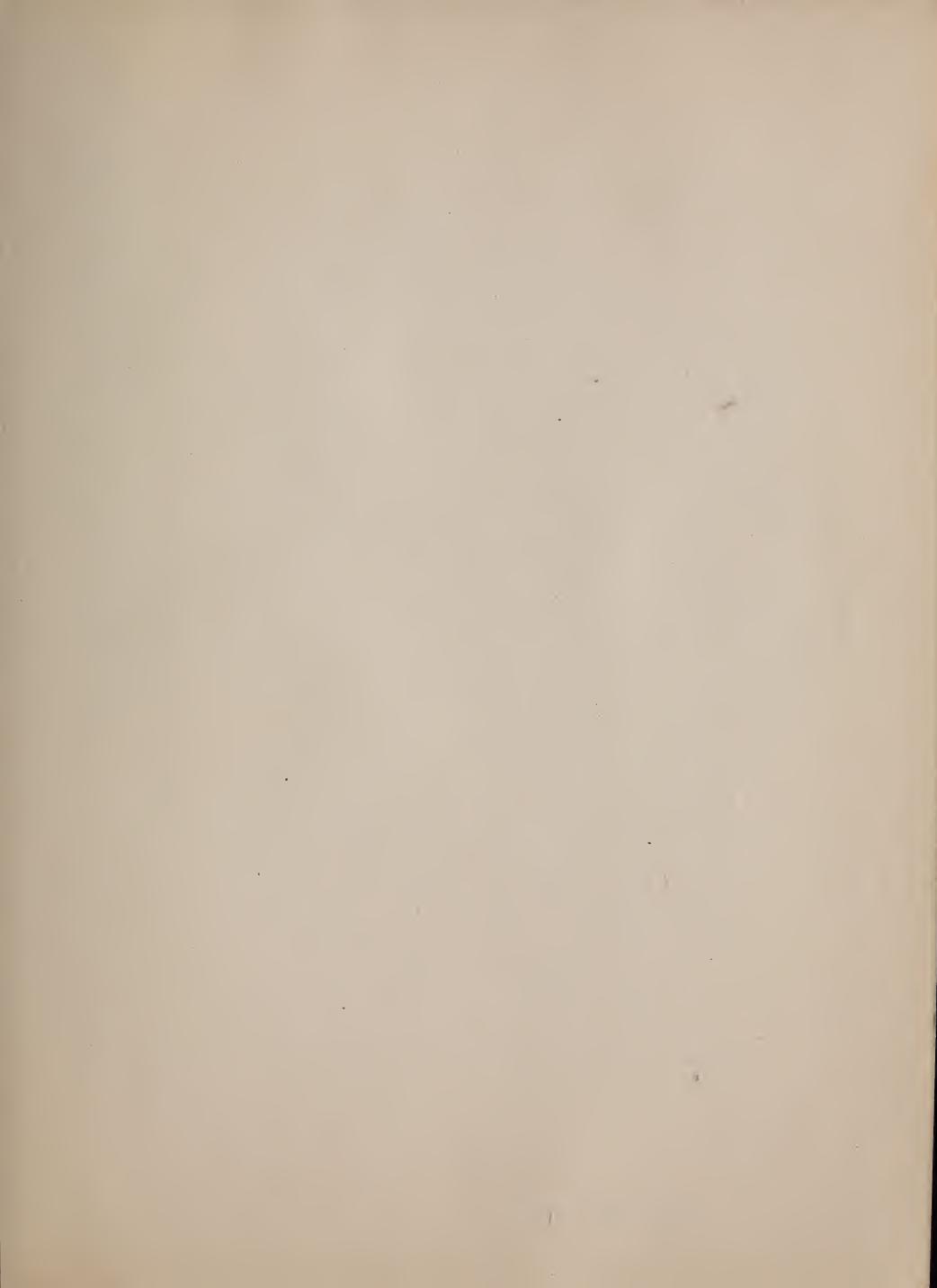
# of Cheer

DECEMBER 31.

Immortality will come to such as are fit for it.

*Emerson.*







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